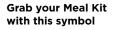


# Sri Lankan Beef & Coconut Curry

with Garlic Rice & Roasted Peanuts















**Brown Onion** 





Broccolini





Lemon

**Beef Mince** 







Sri Lankan Spice Blend

**Tomato Paste** 





**Coconut Cream** 

Chicken-Style Stock Powder



**Roasted Peanuts** 



### Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

#### You will need

Medium saucepan with a lid · Large frying pan

#### Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
garlic	2 cloves	4 cloves
butter*	20g	40g
basmati rice	1 packet	2 packet
water* (for the rice)	1½ cups	3 cups
salt*	1/4 tsp	½ tsp
brown onion	1 (medium)	1 (large)
carrot	1	2
tomato	1	2
broccolini	1 bunch	1 bunch
lemon	1/2	1
beef mince	1 packet	1 packet
Sri Lankan spice blend	1 sachet	1 sachet
tomato paste	½ packet	1 packet
coconut cream	<b>1 tin</b> (200ml)	1 tin (400ml)
chicken-style stock powder	1 sachet	1 sachet
water* (for the curry)	½ cup	1 cup
brown sugar*	1 tsp	2 tsp
roasted peanuts	1 packet	2 packets

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	4350kJ (1040Cal)	717kJ (171Cal)
Protein (g)	44.5g	7.3g
Fat, total (g)	55.9g	9.2g
- saturated (g)	36.9g	6.1g
Carbohydrate (g)	85.1g	14.0g
- sugars (g)	16.7g	2.7g
Sodium (mg)	554mg	91mg

#### **Allergens**

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## 1. Cook the garlic rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a **dash** of **olive oil** over a medium heat. Add the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** (**for the rice**) and the **salt**, stir, then bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam so don't peek!



## 2. Get prepped

While the rice is cooking, finely chop the **brown onion**. Thinly slice the **carrot** (unpeeled) into half-moons. Roughly chop the **tomato**. Trim and cut the **broccolini** into 2cm pieces. Zest the **lemon** to get a **pinch**, then slice into wedges.



#### 3. Cook the beef mince

In a large frying pan, heat a **drizzle** of **olive oil** over a high heat. Add the **beef mince** and cook, breaking up with a spoon, until just browned, **4-5 minutes**. Season with **salt** and **pepper**. Transfer to a plate and set aside.



# 4. Start the curry

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the onion and carrot and cook until slightly softened, 4-5 minutes. Add the tomato, Sri Lankan spice blend and tomato paste (see ingredients list) and cook until fragrant, 1-2 minutes.



# 5. Finish the curry

Add the broccolini, coconut cream, chicken-style stock powder, water (for the curry), lemon zest and brown sugar and bring to the boil. Reduce the heat to medium and cook until the veggies have softened, 5-6 minutes. Return the beef mince to the frying pan and stir until heated through, 1 minute. Season with salt and pepper.



# 6. Serve up

Divide the garlic rice between bowls. Top with the Sri Lankan beef and coconut curry. Garnish with the **roasted peanuts**. Serve with the lemon wedges.

**Enjoy!**